



Rep Fitness 6-digit Programmable Interval Timer

USER MANUAL

for V.3 of Timer



Included in the box:

- LED Timer
- Remote (2 AAA batteries not included)
- AC Adapter
- Wall Mounting Hardware

1. Setting the time of day

- a) Press the red Clock button to have the timer display the time.
- b) Press the Edit button. The display should start blinking. Press the number you want for the hour, then minutes. Press Enter to finish programming the time.

2. Count-down, Count-Up

- a) Press the button for the mode you want, then press Edit to set the time. This is done just like setting the Clock--press the number you want, then press Enter to finish setting the timer.
- b) Press Start to start the timer, Stop to stop the timer, and Reset to re-start the timer.

3. Stopwatch

- a) Press Start to start. Press Stop to stop. Press Reset to reset. Doesn't get any easier.

4. Interval and Repeat Function

The timer can be set for a different work/rest period for each round, or you can repeat a work/rest period for up to 99 rounds.

- a) Press a number on the remote in order to save the interval to that number and begin programming. The timer will display P1, P2, etc...corresponding to the number you pressed to indicate that it is ready to be programmed or for the program to start.
- b) Press A1 to program the first work period. The display will show F1 for the first work period. Enter the time in MM:SS that you want, then press Enter to save the first round.
- c) Press A2 for the first rest period. The display will show C1 for the first rest period. Enter the time the same way as before, then press Enter to save the rest period.
- d) If you want to program a 2nd, 3rd, 4th etc... round, press A1 to program round 2 of work, then A2 to program the 2nd round of rest. Repeat this until you are done.
- e) After you are done programming your work/rest, press A3 to set the number of times you want your work/rest periods to repeat. If you don't want it to repeat, press 0.
- f) When you're done programming your work/rest and number of times to repeat, press Enter to save your program.
- g) You are now ready to begin your programmed workout. Press Start to begin, or you can come back to the workout whenever you are ready by pressing the number that you pressed in step A which saved it to the timer.

5. Tabata - F1

6. Fight Gone Bad 5 rounds - F2

7. Fight Gone Bad 3 rounds - F3

Cyc Button - This button turns on/off the countdown before round start.

Clock Icon Button - Located above the Stopwatch button. This toggles on the Clock mode with HH:MM:SS. The normal Clock Mode (red button) shows HH:MM.

Dimmer Button - Located to the right of the 0 button. This button dims the display to suit your environment.

Mute Button - Located to the left of 0. Turns off the sound.